



Hilf dir selbst: Traditionelle Hausmittel und ihre Anwendung (German Edition)

Jeannette Bucheli

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Das Buch will helfen, kleinere Störungen der Gesundheit mit bewährten Hausmitteln zu kurieren und grössere Gesundheitsprobleme mit Hinweisen auf eine gesunde Lebensweise zu verhindern. Von Generation zu Generation weitergegebenes Wissen soll nicht in Vergessenheit geraten, denn die Autorin ist überzeugt, dass die Kenntnisse und Methoden unserer Mütter und Grossmütter auch in der modernen Welt durchaus noch sinnvoll sind.

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